

Walk Safely Seniors



- Always Cross at Corners
- Look Both Ways Before Crossing the Street
- Wear Bright Colored or Reflective Clothing



OFFICE OF THE ATTORNEY GENERAL
DIVISION OF HIGHWAY TRAFFIC SAFETY












Facts:

Walking is a great activity for seniors and a great way to stay fit. However, it can also be dangerous.

Some elderly pedestrians are at high risk because they may suffer difficulties with hearing, vision, mobility and reaction time.

Dozens of senior pedestrians are killed in New Jersey each year and many hundreds more are injured.

Tips:

-  Wear bright-colored clothing, especially at night. If necessary, attach a piece of reflective material to your clothing or handbag.
-  Walk on sidewalks or paths and always cross at the corner, within marked crosswalks.
-  Do not try to cross mid-block or between parked cars.
-  Look left, right and left again before crossing and be on the lookout for turning vehicles.
-  Continue to look for vehicles while crossing.
-  Make eye contact with the driver before crossing in front of a vehicle.
-  Learn the proper use of “Walk/Don’t Walk” signals.
-  Use the buddy system. Walk and cross with others when possible.
-  If at all possible do not walk at night or during bad weather such as rain, snow or ice.



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